

## Chicken Enchilada 100

Number of Servings: 100 (230.47 g per serving)

Amount	Measure	Ingredient
50.00	ea	Chicken, broiler/fryer, breast, w/o skin, raw
25.00	ea	Peppers, bell, fresh, med
6 1/4	ea	Onion, white, fresh, lrg, whole
6.00	cup	Cheese, Mexican, four cheese, rduced fat, 1
6 1/4	qt	Sauce, enchilada, green
200.00	ea	Tortilla, corn, 6"
3/4	cup	Oil, olive, extra virgin

### Nutrients per serving

Nutrition Facts	
Serving Size (230g)	
Servings Per Container	
Amount Per Serving	
Calories 280	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 550mg	23%
Total Carbohydrate 34g	11%
Dietary Fiber 3g	12%
Sugars 2g	
Protein 17g	
Vitamin A 6%	Vitamin C 60%
Calcium 10%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

### Instructions

Saute vegetables with chicken cut into strips until vegetables and chicken are tender and cooked to 165 degrees. Divide the mixture into the # of servings listed as the yield by placing a spoonful on each torilla corn shell. Roll up corn tortillas and place next to each other in baking or steam table pans. Pour enchilada sauce over the enchiladas. Sprinkle with shredded cheese. Cover with foil and bake at 325 degrees for 20-30 minutes.

Serve 2 enchiladas/serving. 1 serving = 2 CS

#### Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.

#### Cooking :

- Cook to an internal temperature of 165 F for 15 seconds.

#### Holding :

- Hold for hot service at an internal temperature of 135 F or higher.